

IN THE CLAIMS

Applicant hereby presents the claims, their status in the application, and amendments thereto as indicated:

1-20. (Canceled)

21. (Currently Amended) Apparatus for reducing stress in a person comprising computer hardware having:

- a) a program memory,
- b) a processor for executing a program stored in the program memory,
- c) a sequence memory in which is stored a plurality of audio sequences, and
- d) audio reproduction hardware;

there being stored in the program memory a program which, when executed by the processor causes the audio reproduction hardware to reproduce audio sequences stored in the sequence memory to form an audio programme, the audio programme has a plurality of phases, wherein the phases have a pre-defined sequential order within the audio programme; and

~~the entire programme is, on a detailed level, apparently random, but has a closely defined large-scale structure;~~

each phase is generated by selecting at random a plurality of audio sequences from a repertoire of audio sequences, the selected audio sequences being reproduced in succession to construct a continuous phase, there being a respective repertoire for each phase, each sequence being a recorded segment of music and/or spoken text.

22. (Previously Presented) Apparatus as claimed in claim 21, wherein one or more of the phases always last a predetermined length of time.

23. (Previously Presented) Apparatus as claimed in claim 22, wherein one or more of the phases has a variable length.

24. (Previously Presented) Apparatus as claimed in claim 21, wherein one or more of the phases has a variable length.

25. (Previously Presented) Apparatus as claimed in claim 22, wherein the sequences that can be selected to construct such phases are themselves of different lengths, and the number of sequences used is variable.

26. (Previously Presented) Apparatus as claimed in claim 23, wherein the sequences that can be selected to construct such phases are themselves of different lengths, and the number of sequences used is variable.

27. (Previously Presented) Apparatus as claimed in claim 24, wherein the sequences that can be selected to construct such phases are themselves of different lengths, and the number of sequences used is variable.

28. (Previously Presented) Apparatus according to claim 21 in which the phases include an introduction phase, during which the individual is exposed to a combination of anxiolytic music and randomly selected voiceover including a description of the nature of the method to follow.

29. (Previously Presented) Apparatus according to claim 21 in which the phases include a first phase, during which the individual is exposed to a combination of anxiolytic music and randomly selected voiceover comprising instructions to lower said individual from a conscious state to a subconscious state.

30. (Previously Presented) Apparatus according to claim 21 in which the phases include a second phase during which the individual is exposed to a combination of anxiolytic music and randomly selected voiceover comprising suggestions to maintain the individual in said subconscious state.

31. (Previously Presented) Apparatus according to claim 21 in which the phases include a third phase, during which the individual is exposed to a combination of anxiolytic music and randomly selected voiceover comprising instructions to lift the individual from said subconscious state to a conscious state.

32. (Previously Presented) Apparatus as claimed in claim 21 in which the computer hardware has been designed specifically for reproduction of audio signals.

33. (Previously Presented) Apparatus as claimed in claim 21 in which the computer hardware is a general-purpose computer having suitable audio reproduction hardware.

34. (Previously Presented) Apparatus as claimed in claim 21 in which the program memory, or some of the program memory, and/or the sequence memory, or some of the sequence memory is constituted within a non-volatile memory device.

35. (Previously Presented) Apparatus as claimed in claim 34, in which the non-volatile memory device is provided in a configuration that can be readily exchanged by a user.

36. (Previously Presented) Apparatus as claimed in claim 35, in which the non-volatile memory device is in a cartridge.

37. (Previously Presented) Apparatus as claimed in claim 35, in which the non-volatile memory device is in a card.

38. (Previously Presented) Apparatus as claimed in claim 21 in which the program memory and/or sequence memory, or a part thereof, is permanently or semi-permanently installed within the hardware.

39. (Canceled)

40. (New) Apparatus as claimed in claim 21, wherein the length of the audio programme is pre-determined by the person.

41. (New) A method of producing a stress reducing audio programme, the method comprising:

generating the audio programme in a plurality of phases, the phases being produced in a pre-defined sequential order, wherein each phase is associated with a respective phase repertoire of audio sequences;

randomly selecting audio sequences from the phase repertoire associated with each respective phase; and

assembling the randomly selected audio sequences, in accordance with selection order, to produce each phase.

42. (New) The method of claim 41, wherein each respective phase repertoire comprises at least one audio sequence.

43. (New) The method of claim 41, wherein each phase is produced from an associated plurality of bins, and randomly selecting the one or more audio sequences comprises randomly selecting one or more audio sequences from a bin repertoire associated with each respective bin, each bin repertoire including at least one audio sequence from the phase repertoire of the associated phase.

44. (New) The method of claim 43, wherein assembling the randomly selected audio sequences comprises:

assembling the one or more randomly selected audio sequences, in accordance with selection order, to produce each bin; and

assembling the produced bins, in accordance with a pre-defined bin order, to produce each phase.

45. (New) The method of claim 41, wherein generating the audio programme comprises pre-determining the length of the audio programme.